

GRANT FACING CRUCIAL BOUT LOCAL MMA FIGHTER STAYS COOL (page 40) GRILLING SEASON
NOT OVER YET
A MEATY TREAT
FOR FALL {page 38}



TOO HOT FOR SESAME STREET? KATY PERRY'S

SPOT PULLED

{page 37





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Disappearance a homicide: Police

• Officers have searched for Halifax woman since family reported her missing July 31

The missing person case of Nadine Taylor is now considered a homicide.

The 29-year-old Halifax woman, who worked as prostitute, went missing July 28 when she left her home in Halifax to make a call and never returned.

"Nadine has not been located yet. However we're determined to continue on in our investigation in hopes of finding her," said Const. Brian Palmeter with the Halifax Regional Police.

Palmeter wouldn't say what specifically led police to change the status of the case.



Stepping Stone, a support organization for sex workers in HRM, issued a release Thursday saying they support the investigation and hope "justice will

be served."

Officers spent about seven days in Au-

gust searching the Weyburn Road home in Dartmouth of Steven Elliot Laffin, 36. He is in jail facing charges of kidnapping, forcible confinement, aggravated sexual assault and death threats against a woman.

The charges stem from an incident on Aug. 16, allegedly involving a prostitute from Spryfield. She was allegedly locked in a trunk and escaped while the vehicle was moving. His next court date is Oct. 19.

Palmeter would not say if Laffin is a suspect in the Taylor homicide, or if there are any suspects. © JENNIFER TAPLIN



One killed, two hospitalized in Dartmouth crash

Metro Scene

Wanna catch a movie?

● Fubar's lovable losers are back ● Movie sequels that were a long time coming ● Plus reviews, showtimes and more {pages 23-27}

Uteck may sue over fake Twitter

Councillor says she feels 'violated' by parody account {page 4}



Harper makes pitch to UN

Canada eyes seat on powerful Security Council {page 12}

Not from my backyard

David Descôteaux on the true costs of 'buying local' {page 20}



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Man killed in Dartmouth crash



A two-car collision in Dartmouth has left one person dead and sent two to hospital.

Police were called to the corner of Craigburn Drive and Waverley Road just before noon on Thursday.

According to Halifax Regional Police spokesperson Const. Brian Palmeter, a sedan turning onto Waverly collided with a pickup truck driven by an off-duty police officer.

"The car was pulling out off Craigburn Drive from a stop sign out onto Waverley Road, and was struck by a truck that was travelling southwest," he said. "There were two elderly people in the car, a man who was pronounced dead on the scene and a woman who was transported to hospital with undetermined injuries."

The driver of the truck was not injured, but a female passenger was transported to hospital with minor leg injuries.

Palmeter said the investigation is still in its early stages.

"At this point, it's too early to say. There were no independent witnesses to the accident," he said of a possible cause. "But at this point, it's

"But at this point, it's not believed that speed is a factor"





Stoffer expects hit after long-gun vote

○ Long-gun registry won't go anywhere with Tories in power, Sackville-Eastern Shore MP says



Unlike his vote on Wednesday, Peter Stoffer isn't taking a side on whether he'll survive the political storm over his decision to switch and vote to save the longun registry. "I'll leave that up to the electorate," he proclaimed Thursday.

Stoffer has taken a selfdescribed "major hit" politically after announcing Monday he was switching sides and voting to save the controversial legislation.

His decision came after voting several times previously to kill a registry he remains "adamantly against."

In the end, Stoffer delivered what turned out to be the deciding vote on Wednesday night in the House of Commons as MPs

"When your integrity takes a hit, there's no question you reflect upon it."

voted down a Tory private member's bill to scrap the registry, 153-151.

"It's the most difficult political decision I've ever made," he said.

The long-gun registry debate is expected to be frontand-centre again as the Tories say they'll make it an issue in the next federal election — and it could mean lost votes for the popular NDP MP.

"But if one issue determines a person's vote, and they don't care about any other issues, there's not much a politician can do about that," he said.



On the web at metronews.ca

Stephen Harper talks of Canada's "heavy price" in Afghanistan in UN pitch for Security Council seat. Video at metro news.ca/canada







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Injured welder said to be stable

• Injured worker recovering after workplace accident • Company says it will launch its own investigation



The 24-year-old man seriously hurt in an industrial accident on Wednesday is in stable condition in hospital, according to his em-

"We understand our employee's condition is stable after surgery overnight," Steve Ross, general managof Cherubini Metal Works, said in a statement issued on Thursday.

Kevin Finch with the Department of Labour said the worker was welding a 22tonne piece of metal at the Cherubini Metal Works shop on Pleasant Street in Dartmouth when the supporting jigs gave way. The worker's right arm was severely injured.

The incident happened just at about 3:10 p.m. on Wednesday.

Finch said they issued a stop-work order on the jigs in the shop until they are deemed safe in an inspection. The shop was also requested to provide a number of documents and inspection reports to the provincial department.

Ross said the company is

No comment

A phone call made to Steve Ross, general manager of Cherubini, was not returned on Thursday

doing their own forensic review of the accident. The area is currently under quarantine for the investigation.

"Our company wants to get to the bottom of what happened (Wednesday) to help us do whatever it takes to protect the safety of all our workers," Ross said.

Councillor not amused by fake Twitter account

South End Coun. Sue Uteck says she is considering legal action after discovering she was being lampooned on the social networking site Twitter.

A Twitter account with the handle "fakesueuteck" was created Wednesday afternoon. The user wrote several messages which Uteck feels besmirched her reputation, including shots at "fakemayorkelly and flirtations witl with "fakepetermackay."

The account was deleted early Thursday afternoon, but a cached version listed the user as "helping council be more dysfunctional one stupid comment at a time."

The real Uteck said she learned of the account when contacted by media on Thursday.



"I haven't seen it, (but) apparently it's quite offensive in some respects," she said. "Personally, I feel violated, like somebody broke into my house.'

Uteck said she still hopes to find out who was behind it - and possibly

Fake Twitters

Here are some local politicians (not) on Twitter

- Mayor Peter Kelly is on Twitter (@mayorpeterkelly), as was an imitation account (@fakemayorkelly) which has since been deleted.
- Coun. Dawn Sloane (@downtowndawn) uses Twitter, but blocks her account, meaning only approved followers have access to her

"If I get there, I will be testing the water," she

ALEX BOUTILIER

Search yields gun, drugs

Police found drugs and a loaded handgun when they searched a Dartmouth residence on Wednesday night.

Halifax Regional Police say they arrived at the Jackson Road residence at 10:40 p.m. and arrested one woman when she arrived there, prior to the

METRO HALIFAX

Skid loader | Missing stolen from mall

Police are investigating after someone says a \$30,000 Bobcat skid steer loader was stolen from a shopping centre in Cole Harbour.

Halifax RCMP say they received a report before midnight on Wednesday of a 2000 751 Bobcat being stolen from the Forest Hills Shopping Centre.

METRO HALIFAX

man, 35, found

A man missing since last month was located safe and sound on Thursday.

James Edward Askew, 35, was last seen in Halifax on Aug. 31 and it was believed he may be on his way to Ontario.

Halifax Regional Police issued a description of Askew on Sept. 16 because there was concern for his well-being. • METRO HALIFAX



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PRISONER TRANSPORT

6 inmates involved in dustup

Six prisoners were involved in an altercation in the back of a Nova Scotia sheriff's van on Thursday. Department of Justice spokeswoman Jennifer Gavin said nine prisoners were being transported from the

Dartmouth courthouse back to the Central Nova Correctional Facility. Three of the prisoners were in protective custody, and separated from the other six.

One of the prisoners was treated for injuries at the Burnside jail, and Gavin said no outside medical attention was required. Sheriff's vans can hold up to 14 prisoners. Gavin said it was not unusual to transport that many prisoners at one time.

METRO BALIFAX

Date set for N.S. byelection

Premier Darrell Dexter announced Thursday that the byelection in Cumberland South will be held on Oct. 26, giving interim Conservative leader Jamie Baillie a chance at a seat in the legislature.

"We understand of course that given the way these things operate ... it may mean that the new member for Cumberland South will not be in the House when it reconvenes," said Dexter.



"But it does mean that they will be in as soon as is reasonably practical."

Longtime Conservative Murray Scott gave up the seat on Sept. 9.

METRO HALIFAX WITH FILES FROM THE CANADIAN PRESS

Springhill ER offline

A lack of physician coverage in Springhill will close the emergency department at the All Saints Hospital for four 12-hour periods in seven days.

AMHERST DAILY NEWS

Group says no biomass

An environmental group is calling on the province's energy regulator to reject a proposed biomass project involving NewPage Port Hawkesbury and Nova Scotia Power. CAPE BRETON POST

Province mum on trade centre plan



Centre would be on Argyle StreetPrice tag around \$300 million



The province's decision on the proposed new trade centre for downtown Halifax may take a little longer than originally hoped.

Transportation and Infrastructure Renewal Minster Bill Estabrooks told reporters Thursday that while he still hopes to reach a decision by the end of the month, there's a possibility it may take longer.

"Whether we're able as a cabinet and as a government to meet that deadline or not is yet to be determined," said Estabrooks.

Estabrooks said he and his cabinet colleagues will continue to gather public input. But he said it would be premature to release developer Rank Inc.'s proposal at this time.

"As I've said all along, I'd like to get as much information out to the public as possible," said Estabrooks.

Estabrooks wasn't sure whether the proposal, as well as the province's shadow bid, would be released to the public before the government reaches a decision.

Neither Estabrooks nor Premier Darrell Dexter would comment on how much the developer is asking for from the province. Mayor Peter Kelly had previously estimated the cost to be between \$30 million and \$50 million for each level of government.



No word yet on pension review

Premier Darrell Dexter reaffirmed his openness to a review into the MLA pension plan, but again refused to shed any light as to if or when he'll call for one.

Dexter said Thursday his position hadn't changed from a week ago, when the Canadian Taxpayers Federation opened its Atlantic offices with a report on politician's pension plans.

"I'm open to (a review)," said Dexter. "I think there should be a review at the appropriate time."

According to the CTF, Nova Scotians contribute \$22 for every \$1 contributed by politicians.

Dexter said he's interested to see what comes out of a similar review currently ongoing in New Brunswick.

He denied that he was in conflict when it came to ordering a review.

"That's why we put it out to independent people," he said. "When I sat on council, people used to ask me if I affect the tax rate, is my own tax rate affected. And of course those things are true. But I don't think those as conflicts."

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News in brief



Guilty plea for ex-hoopster

court. A former basketball player with the St. Francis Xavier X-Men has pleaded guilty to a charge of impaired driving

ing.
William Donkoh, 21,
above, entered the plea
Wednesday in provincial
court in Antigonish.

Donkoh was ordered to pay a fine of just more than \$1,000 and was issued a one-year driving prohibition.

He was arrested in August on Highland Drive in Antigonish.

In April, Donkoh was sentenced to four months of house arrest and one year of probation after being convicted of assault causing bodily harm.

That conviction stemmed from an incident in February 2009.

THE CANADIAN PRESS

Fire ruled accidental

OXFORD. The latest structure fire in Oxford has been ruled accidental.

The determination was made Thursday by an electrical engineer called in by the Nova Scotia Fire Marshal's office.

The early morning fire caused extensive damage Wednesday to a local repair shop and a car located inside. It was the fourth structure fire near the small town in less than 10 days.

AMHERST DAILY NEWS

Energy saver will also save money

▶ Building named after businesswoman, philanthropist Mona Campbell ▶ Contender for LEED gold status



Even the rainwater-fed toilets flush with an environmentally-friendly sigh.

One of the city's most environmentally-friendly buildings will be officially opened Friday by Premier Darrell Dexter.

The Mona Campbell Building is on the Dalhousie University campus at the corner of LeMarchant Street and Coburg Road.

The building will house classrooms and offices for the college of sustainability, and the faculties of social work, continuing education, and computer science.

Rochelle Owen, director



of sustainability at Dalhousie, said the project came in less than its budget of \$33 million.

"There are plastic balls in the concrete and it reduces the amount of concrete by 30 to 40 per cent,"

Building features

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she said, explaining some of the building's features.

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It has a solar wall (preheats air going into the building), a white roof (reflects heat in the summer) and a green roof (filters pollutants and increases water run off).

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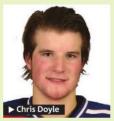




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News in brief



No appeal on assault charge

court. The Crown Attorney's Office won't be able to appeal the acquittal of a former Prince Edward Island Rocket player on an assault charge.

Chris Doyle was found not guilty in April of an alleged assault stemming from an incident at his exgirlfriend's apartment on Sept. 25, 2009.

During his trial Doyle testified he didn't know the alleged victim was standing behind a door he hit with his fist, which drove the door back into her and broke her nose. CHARLOTTETOWN GUARDIAN

Murder trial going ahead

BURNT CHURCH. A New Brunswick man accused of killing his 16-year-old cousin has been ordered to stand trial following a preliminary hearing.

A judge has ruled that a date will be set Oct. 4 for the trial of Curtis Bonnell, 29, on a charge of first-degree murder.

Three witnesses took the stand during the preliminary hearing Wednesday, which is under a publication ban.

The disappearance and death of Hilary Bonnell gripped residents of the Esgenoopetitj First Nation, also known as Burnt Church.

She went missing last Sept. 5 after attending a house party the night before on the reserve of 1,100.

Her remains were found in November buried in a remote wooded area.

Park catering to bookworms

After 10 years indoors, Word on the Street returns to roots as street fest



JENNIFER TAPLIN @METRONEWS.CA

Victoria Park, that muchoverlooked venue at the top of Spring Garden Road, is seeing a lot of action this year.

First the Busker Festival installed a stage there this summer, and now on Sunday the Word on the Street festival is moving there from its usual spot in the Cunard Centre.

"It's kind of a new site for outdoor venues," said Sean Williams, an organizer with the Word on the Street festival. "It's starting to pick up in the sense of a place to hold an outside event."

Victoria Park has been a venue for lunch-time concerts and car shows ➤ Word on the Street festival organizer Sean Williams stands in front of the Robbie Burns statue on Thursday.

for years, but organizers of bigger events are starting to take notice, said Bernard Smith with the Spring Garden Area Business Association.

It's also extremely fitting for this particular venue since the statue of poet Robbie Burns will stand looking over all the book lovers.

And while the forecast is calling for a chance of rain, the books (and book lovers) will stay dry under the tents.

An average of 30,000 people attend the annual event.

Details

- When: Sunday, 11 a.m. to 5 p.m.
- Where: Victoria Park at the corner of Spring Garden Road and South Park Street • Admission: Free

ostate Cancer



Rooney still hitting the stage

Screen legend to perform in Halifax this weekend
 Actor celebrated his 90th birthday on Thursday

You'd think he was namedropping if he was anyone other than Mickey Rooney.

The film icon — who has worked with everyone from Fred Astaire to Ben Stiller — turned 90 on Thursday but celebrated the milestone birthday last Sunday in Manhattan, with celebrities like mogul Donald Trump and entertainers Tony Bennett and Regis Philbin in attendance.

"Everything was very thrilling, and the president of the United States sent me a nice greeting, and the mayor of New York," Rooney said in a phone interview this week. "I was very touched."

While most are all the president was a surple of the pr

While most would consider retiring after more than eight decades on the



job, Rooney is showing no signs of slowing down.

The Hollywood legend is set to perform at the Casino Nova Scotia's The Schooner Room on Sunday with his wife, singer-actress Jan Rooney. The event begins at 8 p.m.

Mickey & Jan Rooney
Sunday, 8 p.m.
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\$43
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Their show is described as an autobiographical musical, highlighted with film clips, humour and memories from Rooney's vast career.

So what is it that keeps him going? Rooney answers simply that the stage, the studio and the silver screen have been his life.

"We do it," he said. "You either do it or you don't do it. We love doing it. Jan and I love it, and we hope the people up there will like what we do because we're going to put on a show." CAPE BRETON POST

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She bops a bruin with a zucchini

A woman fended off a charging bear on her back porch Thursday

with ... a zucchini. The woman heard a post-midnight tussle in the backyard of her home near Frenchtown, Mon., an officer said.

She went to investigate and found a 90-kilogram black bear attacking one of her two dogs, a 12-year-old collie.

The woman stood at her back door and screamed to divert the bear's attention from the dog.

She told police the bear then charged her. The bear took a swipe

at her and tore her

The woman grasped the nearest object on her kitchen counter - a 30centimetre-long zucchini from her garden.

She flung the zucchini at the bear.

It bopped the bruin on the top of its head and the animal fled. THE ASSOCIATED PRESS

Layton hits out over gun vote

NDP Leader Jack Layton is accusing the Tories and the Liberals of using the gun registry as the worst of kind of wedge politics.

The parties are purposely dividing rural and urban for their own short-term gains, he claimed.

In a rousing speech to his caucus on the morning after a handful of his MPs switched their votes and narrowly saved the gun registry, Layton said he will work to make sure aboriginal and rural points of view are taken into account when reform2 A Tory private member's bill to A Tory private scrap the gun registry failed by just two votes. MPs voted 153 to 151 on Wednesday to kill the bill.

ing the registry. He said the other parties have unfairly painted rural Canadians as thinking only about guns.

In reality, he said, they are actually more con-cerned about job loss, retirement security and

THE CANADIAN PRESS

PM to UN: Canada is 'ready to serve'



• He evokes sorrow and sacrifice in push for seat on Security Council

Prime Minister Stephen Harper made an eloquent pitch Thursday for a seat on the powerful United Nations Security Council.

He highlighted Canada's commitment to the peaceful ideals held dear by the UN.

In a solemn speech to the UN General Assembly, he also evoked the sorrow and sacrifice — and the "heavy price" — of the Canadian mission in Afghanistan.

"We pay it ... with profound sorrow, in the priceless lives of our young men and women who serve there," Harper said.

He described Canada a founding member of the UN and the seventh-largest contributor to its finances — as a "consistently reli-able and responsible participant in UN initiatives around the world."

Canada, Harper made clear, deserves one of two available berths on the Security Council, the UN's top decision-making body.
"If we are elected, we

"Actions such as these are a moral imperative. Who, seeing his neighbour distressed, will pass by on the other side of the road?"

STEPHEN HARPER, CITING CANADA'S RELIEF EFFORTS

will be ready to serve," he said.

Officials have said Canada has a tough fight against Germany and Portugal to secure a seat.

The race will be decided Oct. 12 when the 192 United Nations ambassadors cast a secret vote.

Harper didn't seem concerned Thursday that his government's close ties to İsrael might cause him problems among UN ambassadors.

Earlier, he met with Palestinian leader Mahmoud Abbas and Israeli President Shimon Peres. THE CANADIAN PRESS

Lotto ticket | Train kills wins twice

Police say Italian mobsters are buying winning lotto tickets to launder millions in cocaine profits.

Winners are paid the full prize or a little less in dirty money and avoid taxes had the original windfall been deposited in a

THE ASSOCIATED PRESS

elephants

A speeding freight train struck a herd of elephants in eastern India, killing seven, an official said.

The herd was crossing the tracks in Banarhat forest in West Bengal state around midnight Wednesday when the train plowed

THE ASSOCIATED PRESS



Obama seeks peace in a year

U.S. President Barack Obama challenged the countries of the United Nations on Thursday to unite around peace efforts that he said could achieve agreement within a year to create an independent Palestine and a secure Israel.

Obama, in a speech to the UN General Assembly, urged fellow world leaders to press forward with renewed determination in the quest for Mideast peace.

He acknowledged peace efforts have encountered "few peaks and many valleys.'

But without an agree-"more ment, he said, blood will be shed" and "this holy land will remain a symbol of our differences, instead of our common humanity."

Obama's one-year timeline is ambitious. He made no mention of the militant Hamas movement, which controls the Gaza Strip and refuses to accept Israel's right to exist.

THE ASSOCIATED PRESS



Authorities: Case lost in translation

Dealing with Chinese company behind delay in dead oilsands workers case, Alberta says

Alberta says the complexity of dealing with a Chistate-owned corporation is behind the long delay in prosecuting companies charged in the deaths of two oilsands

workers.
"In this specific case there are multiple parties involved, one of which is located outside of Canada and maintains that they have not been served with Chris charges," said Chodan, a spokesman for

Alberta Occupational Health and Safety.

"It has made it more complicated for us. It makes it more difficult for us to get the procedure done."

Genboa Hongliang Lui, both temporary foreign workers, died on April 24, 2007, when the oil tank they were working on near Fort McMurray collapsed.

Other workers were in-

Sinopec Shanghai Engineering Company Ltd., SSEC Canada Ltd., and Canadian Natural Resources Ltd. face 53 charges in the deaths under Alberta's Occupational Health and Safety Act.

SSEC and Canadian National Resources are to go to trial on Oct. 3, 2011 almost four and a half years after the workers died — the longest delay in Alberta for such a prosecution. THE CANADIAN PRESS

Sinopec

- There is still no court date set for Sinopec because the corporation's managers in China have not been served with legal papers.
- The Alberta government says the delay has nothing to do with the fact that another division of Sinopec is investing in the oilsands, including a \$4.65-billion US stake in Syncrude.



First Nations celebration

A First Nations rally and cultural celebration took place on Parliament Hill on Thursday.

Halifax Clayton Park Liberal Association



Annual General Meeting with Diana Whalen, MLA

Wednesday, October 20th

Rockingham United Church 12 Flamingo Drive

Registration: 7:00 - 7:30 pm Meeting: 7:30 pm

Guest Speaker: Dr. John Gillis President of the Nova Scotia Liberal Party

in order to be eligible to vote, you must ordinarily reside in the ri of Halifax Clayton Park and be a member in good standing of the Nova Scotia Liberal Party on or before September 20, 2010. Current members whose dues are in arrears by not more than 1 year as of October 20, 2010 may renew their membership during registration on nomination night. For more info, call Francis MacDonald at 499-3848.





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Rising obesity takes economic toll: OECD

Canada has high obesity rates relative to member countries ◆ Cheap food, changing lifestyles to blame

Canada's battle with the bulge is continuing to escalate with nearly a quarter of the population part of the country's rising obesity rates, a new report from a leading economic organization said Thursday. In its inaugural obesity

In its inaugural obesity study, the Organization for Economic Cooperation and Development detailed the economic and financial toll of rising obesity rates. The findings are based on data from 11 of its 33 member countries.

The report said Canada has a relatively high number of overweight citizens, saying one in four Canadians currently qualifies as obese with that number expected to climb a further five per cent over the next decade.

Weight concerns were particularly prevalent among Canadian men, the report said, adding two in three are categorized as overweight.

Canadian obesity rates are well below those of the United States, identified by the OECD as the fattest nation among its member countries.

South of the border, 70 per cent of residents are classified as overweight. The number of obese Americans is projected to rise to 75 per cent by 2020, the report said.

THE CANADIAN PRESS

Battle of bulge

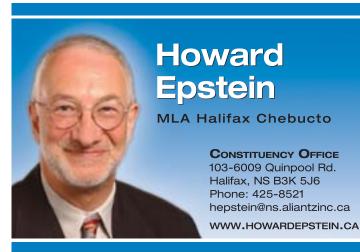
Study urges adoption of comprehensive weight gain prevention strategy.

- Strategy Approach would ideally involve government initiatives such as health promotion messages and taxation changes to regulate food prices.
- Cost Such a program
 would cost \$32 US per
 capita and spare 40,000
 Canadians death due to a
 chronic disease.
- Concern The economic cost of excess weight is a growing concern for many governments.



Student fights alleged racism

A 16-year-old who believes she was kicked out of class for speaking her first language at school has prompted government investigations, and the case is demonstrating how volatile the issue of language in education remains in South Africa. School officials insist a disciplinary problem and not racism sparked the case, but it's now making headlines a generation after hundreds were killed when students revolted over being forced to learn in Afrikaans.



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Hack traced to Japan

This week's Twitter attack that caused a widespread headache for the micro-blogging service appears to have been triggered by a Japanese computer hacker who says he was only trying to help.

The attack, which emerged and was shut down within hours Tuesday morning, involved a "cross-site scripting" flaw that allowed users to run JavaScript programs on other computers.

The originator is believed to be someone who acknowledges creating the Twitter account "RainbowTwtr" that demonstrated the vulnerability.

Through his Twitter account and personal blog, Kinugawa regularly tracks down possible computer security loopholes and notifies companies of their existence.

THE ASSOCIATED PRES

Girl says siblings died next to her in closet

A seven-year-old girl tells investigators she called for her mother to open the door to a closet where she and her siblings were locked away after realizing two of the children had died.

The mother, Somali immigrant Ebyan Farah, is charged with neglect and criminal confinement. A Marion County judge en-

tered a preliminary not guilty plea during a Thursday hearing. Defence attorneys re-

Defence attorneys requested a gag order in the case.

Authorities have said Farah locked the children in the closet, left the home to visit a friend and returned about 10 hours later to find two of them had died. THE ASSOCIATED PRESS

Harper to see Igor's damage firsthand



Road repairs should allow supplies to reach isolated areas: RCMP

Prime Minister Stephen Harper will tour areas of Newfoundland on Friday that were damaged by hurricane Igor.

Meanwhile, the massive cleanup and tallying up of the damage continued throughout eastern Newfoundland as workers and residents alike cleared downed trees and worked on roads.

Crews reopened a section of the Trans-Canada Highway in central Newfoundland on Thursday, two days after Igor's potent winds and rains carved a deep crater in the main roadway.

Emergency workers brought in gravel and other supplies to fill a 20-metre wide and 20-metre deep hole that cut off traffic flow from one half of the

One death

Police confirmed Thursday that the storm was linked to one fatality.

Adjusting expectations RCMP said the search for 80-year-old Allan Duffett on Random Island had been turned into a recovery mission since he had been missing for more than 48 hours.

province to the other.

RCMP Sgt. Boyd Merrill said the highway was opened at about 3:30 p.m. local time, but was initially open only to emergency vehicles carrying in supplies to the dozens of communities still cut off by road washouts and collapsed bridges. THE CANADIAN PRESS



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Protests bring France to a halt

◆ Total of 232 demonstrations held ◆ Some concessions possible, but Sarkozy firm on raising retirement age

Tens of thousands of French workers took to the streets Thursday for the second day of nation-wide strikes this month to protest President Nicolas Sarkozy's plan to raise the retirement age to 62, with union walkouts crippling planes, trains and schools across the country.

The strikes are seen as a test for the conservative

Sarkozy and are being watched elsewhere in Europe, as governments struggle to rein in costs with unpopular austerity measures after the Greek debt crisis scared markets and sapped confidence in the entire 16-nation euro currency.

Estimates of protesters varied wildly. In Marseille, police put the turnout at 22,000, while organizers said it was tenfold higher.

Paris police said 65,000 people turned out for the capital's march, compared with 80,000 earlier this month. Organizers put turnout at the Sept. 7 Paris march at 270,000, but hadn't yet released an estimate for Thursday's demonstration

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Scientist jailed 86 years

▶ Prosecutors called Siddiqui a cold-blooded radical ◆ Defence sought 12 years

A Pakistani scientist convicted of trying to kill U.S. agents and military officers has been sentenced to 86 years in prison. Aafia Siddiqui was sentenced Thursday in Manhattan.

Siddiqui's strange legal odyssey began two summers ago in Afghanistan, where she turned up carrying evidence that — depending on the argument — proved she was either a terrorist or a lunatic.

She was labelled an al-Qaida supporter and was brought to the United States after her July 2008 arrest in Afghanistan. She was convicted of grabbing a rifle and trying to shoot U.S. authorities while yelling, "Death to Americans!"

Siddiqui's sentencing touched off protests in Pakistan and outside the



Manhattan courthouse.

Prosecutors cited threatening notes Siddiqui was carrying at the time of her detention. They claimed the notes, along with the fact that she was carrying sodium cyanide, showed she wasn't an accidental menace.

The defence argued in court papers that their client's outburst inside a cramped Afghan outpost was a spontaneous "freak out," born of mental illness instead of militancy.

Siddiqui's rambling courtroom rants proclaiming her innocence and offering odd solutions for Middle East peace ran counter to the prosecution's portrait of "a cold, calculating jihadist who set out to harm American troops by any means necessary," the defence wrote.

Siddiqui, 38, trained at the Massachusetts Institute of Technology and Brandeis University in the early 1990s. Authorities claim she returned to her native Pakistan in 2003 after marrying an al-Qaida operative related to Khalid Sheikh Mohammed, the admitted mastermind of the Sept. 11, 2001, terrorist attacks.

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Victim back in school

Girl was assaulted Sept. 10 at a party on rural property near Vancouver • Police have called attack a gang rape, said there are multiple suspects

A 16-year-old girl who police say was drugged and gang raped in a field while others took pictures that were later posted on Facebook is back at school and struggling for normalcy.

The girl's family issued a statement on Thursday as the RCMP pleaded for more witnesses to come forward, saying only two people with first-hand knowledge of the assault have contacted investigators.

"Our daughter is a very beautiful and brave individual," the girl's family said in a statement that was distributed by the RCMP.

"She is strong. She has

returned to school and is trying to get some normalcv back in her life. There are a lot of kids out there supporting her, and that's also making a big differ-

No grounds to clash over **Arctic: Putin**

Russia's outspoken prime minister, Vladimir Putin, dismissed forecasts Thursday that Arctic nations would soon clash over resources in the polar region believed to hold up to a

quarter of the Earth's undiscovered oil and gas. Russia, the U.S., Canada, Denmark and Norway have all been trying to assert jurisdiction over parts of the Arctic. Evidence shows that global warming shrinking polar ice, turning the previously inaccessible area into a po-



tentially rich source of hydrocarbons and other mineral riches.

"Most of those frightening scenarios for the Arctic have no grounds," Putin said in televised remarks. "They only aim to stir a conflict between the nations and fish in troubled waters." THE ASSOCIATED PRESS



On October 1, 2010 Nova Scotia's minimum wage rates will increase.

The minimum wage will go up from \$9.20 to \$9.65 per hour.

The minimum wage for inexperienced workers will rise from \$8.70 to \$9.15 per hour.

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BLOCKBUSTER

Video rental company OK in Canada

Video rental giant Blockbuster Inc. is filing for bankruptcy protection in the United States, but its Canadian operations say they're not affected by the reorganization.

Blockbuster Canada vice-president and general manager Barry Guest said in a statement early Thursday that its operations are still profitable.

"Blockbuster Canada operates independently of the U.S. and is financially stable," he said.

We have the assets and cash flow to execute our business plan." The troubled U.S.

rental chain made a submission to the U.S. Bankruptcy Court in the Southern District of New York on Thursday, in which it outlined plans to recapitalize its balance sheet and transform its business model.

The company, which had warned investors it might file for bankruptcy protection, was delisted in early July by the New York Stock Exchange.

THE CANADIAN PRESS



Saturday morning at the Springridge farm in Milton, Ont.

hile my daughter rides a horse, my girlfriend buys a fruit pie at the door.

It's done. The Descôteaux family has bought "local." Will I keep going down this path? Buy a saw at the village hardware store instead of Canadian Tire? No.

Buying local can, sometimes, help the environment. But its virtues stop here. Fresh food? Yes. Locally-made clothes, a bicycle made in Canada? Why not, as long as these products are competitive with regard to price and quality. But paying more to "encourage the local economy?" No thanks.

By spending more (too much) money on one item, you have less money left to spend at other local retailers. But, primarily, the very reason we are rich is that we trade. Chinese, German, Ontarian, or Québécois producers spe-cialize in those areas where they excel. By exchanging our talents and resources, we gain access to a greater variety of cheaper, higher quality products. The more human beings who bring their talents and creativity to the table, the more society prospers. Buying locally reduces the number of participants. It deprives us

BUY LOCAL: AT

of talent and stifles creativity.

A thought experiment: Imagine that the residents of your city only bought locally for 10 years. Now imagine stepping through the door of your favourite store. What do you see on the shelves? Very little. Not surprising: In a "local" economy, we have to produce everything for ourselves. As our talents are limited, you can kiss goodbye to iPods, Harry Potter books or Spanish wines.

And where do we draw the line? If buying Ontario products is good for Ontario, then restricting our purchases to Toronto products should be even better for Toronto. If I live in Willowdale, do I need to make sure my money "stays" in Willowdale? If the residents of Newtonbrook West start buying local, must they stop shopping in Newtonbrook East?

It's serious. When Barack Obama imposes his "Buv American" clause for road construction, he is telling American businesses: Buy local. And hundreds of Canadians lose their job.

A growing number of pundits and politicians want to convince us — if not force us - to buy local. Wrong.

An economy grows and its members grow richer - when new, less expensive ways of producing goods are discovered, not when people pay more than they have to. Saying no to the talents of others is a sure way of making us all poorer.

David Descôteaux is a freelance economic iournalist and an associate researcher at the Montreal Economic Institute (iedm.org)

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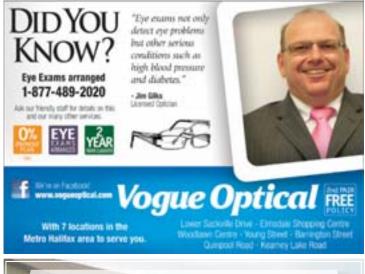
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An alternative to bankruptcy gains popularity

• Canadians are carrying the highest level of debt relative to other G8 countries, according to a bankruptcy trustee

The dark cloud of bankruptcy looms over many Canadians who are watching their debts rise faster than their income, but for those not yet drowning, there's an alternative known as the consumer proposal.

It's a relatively new process that offers creditor protection while a portion of debt is repaid. And as a solution to financial woes, it is quickly becoming more popular than its more painful cousin, the personal bankruptcy fil-

ing.
"(Proposals) work out well for the creditors because they're getting some money back, more money



back than in a bankruptcy. and from the individual standpoint — it's not a bankruptcy," says Andy Fisher, a bankruptcy trustee.

Consumer proposals were introduced in the 1990s for people who can't afford to pay off their debts in full, but have income that is consistent enough that they can continue to make monthly payments. In the aftermath of the global financial crisis, they're being used more and more.

Last September the fed-eral government enacted legislation that made filing for bankruptcy more expensive and time consuming and consumer proposals more attractive.

Personal bankruptcies have fallen from peak levels reached during the recession last year — by 7.6 per cent for the first seven months of 2010.

The number of consumer proposals increased 30.6 per cent through to July, according to the Office of the Superintendent of Bankruptcies.

THE CANADIAN PRESS







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MINUTES WITH: GERI HALL

Geri Hall is the throatvvoiced redhead on the Halifax-based comedy show 22 Minutes. The show, with Hall, Mark Critch, Cathy Jones and Gavin Crawford, has opened its 18th season on CBC with episodes airing Tuesday nights. We spoke to Hall about the show, its longevity, and even handcuffs.

Who is the funniest cast member?

We're all very different, and funny is in the eye of the beholder, but one of us definitely smells the funniest and one of us is definitely the funniest

looking. There's one clear standout in my mind for funniest in the head, but our challenges notwithstanding, I'd say we're all equally comical.

Who is your favourite person to impersonate?

Someone who is good at these interviews, and Shakira.

What can fans expect this season?

Well, Cuddy and House are in love but you can expect some complications . but you meant on 22 Minutes: Hilarity, controversy, parody, more road

pieces with politicians. And we all lost weight and got highlights this summer so that's nice,

After 18 seasons, how do

you keep the show fresh? One of the most exciting things is we got some really cool new technical elements that were added to our set that are going to give the show a more authentic news look. But for pure freshness, I always trust Febreze.

You were handcuffed by the prime minister's security detail — is there any other

politician you'd like to handcuff you?

Is Viggo Mortensen considered a politician? No, then Gilles Duceppe. French Canadians have this confidence and sexiness that the rest of us can't seem to muster so easily. They keep on threatening to leave us and that just make us want them to stay more, doesn't it?

Ever worry you'll run out of politicians to make fun of? Yeah, it keeps me up at night for about one second, then no, not at all. • jennifer taplin

Cartoon PARLIAMENT:

No pink panthers, though



Worth mentioning

U.S. wildlife biologists moved eight female panthers from Texas - close relatives yet genetically distinct — into south Florida 15 years ago in hopes of boosting reproduction, and the immigration paid off.

Now scientists have created an astonishingly in-depth family tree of today's panthers to prove the genetic mixing not only left a bigger population but also a healthier one — offering support for this type of conserva-tion as biologists struggle to save pockets of rare species the world over.

"Our results have shown you can have a





positive impact on these endangered populations by doing this genetic restoration," said study co-author David Onorato, a research scientist with the Florida Fish and Wildlife Conservation Commission.

Indeed, many of the world's remaining lions and tigers live in very small groups where

inbreeding may threaten their health just like it threatened the Florida panthers, and might benefit from similar "genetic rescues," said Stuart Pimm, a conservation biologist at Duke Universitv. He was not part of the new study but has separately tracked the panther program. THE ASSOCIATED PRESS

What's the stupidest thing you've done with your cellphone? **Email** halifaxletters @metronews.ca Twitter @metrohalifax

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Metro Minute with AIDS Walk for Life

Get out and Walk for Life Sunday. Walkers will gather at the Halifax Common at 12:30 p.m. for registration for the Scotiabank AIDS Walk for Life 2010. It's a fundraiser and awareness event for people liv-ing with HIV-AIDS in Nova Scotia

The walk begins at 2 p.m. after a five-minute warmup. When walkers cross the finish line at the Common, they will celebrate with a barbecue, prizes and awards.

The money raised will help the AIDS Coalition of Nova Scotia provide health promotion programs for people living with HIV-AIDS and their family members. Similar events will be held across the country.

METRO HALIFAX

Three days to play

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Mike Hobson

DARTMOUTH

For sure, anything to generate a little added income. I think the cost of it we'd get it back within the first three years of it being open.



Danielle Poirier

WOODSIDE

Yes, because we've already got enough rinks for hockey teams and we've got enough fields for soccer and whatever, why not contribute to all the other sports?

Lovable losers are back in action

● Headbangers Terry and Dean head to the oilsands of northern Alberta in the sequel to cult comedy Fubar ● Duo's relationship strained over a girl and plenty of property damage



When Fubar came out in 2002, nobody expected it to become the massive cult hit that it did — including writer and director Michael Dowse.

"When we got into Sundance (Film Festival) was the moment when we were like, 'oh, this might actually be working," recalled Dowse recently about the comedy featuring Terry and Dean — two lovable headbanger losers from Alberta. "Our original plan was to just send it out on VHS tapes and see if it would multiply."

Multiply it has. In the eight years that have passed since Fubar came out, Dowse made the award-winning mockumentary, It's All Gone Pete Tong and even filmed his first big-budget Hollywood film, Kids in America starring Topher Grace and Anna Faris (hitting theatres in March). However, for all that experience in Tinseltown, Dowse felt nostalgic for Fubar.

"The advantage of working in Hollywood is that you get all the tools you want," said Dowse of returning to the low-budget world of Fubar II. "The flip side of it is just have more cooks in the kitchen and with this, you get a little bit less in terms of what you can do with a lesser budget but you have no cooks in the



kitchen which is nice."

Now fresh off a hot run at the Toronto International Film Fest, Fubar II sets Terry and Dean upon the oilsands in northern Alberta where the duo's relationship is strained over a girlfriend and plen-

ty of property damage.

"I think everyone's had a friendship like that," said Dowse of the pair's wide appeal. "One guy's an idiot and other one takes care of him and they're together through thick and thin."

Goon comedy

▶ In October, Dowse will begin filming Goon, a comedy co-written by Jay Baruchel and starring Seann William Scott. "The project's basically about a Jewish bouncer who gets touched by the fist of God and becomes an enforcer in a junior hockey league. It's got like three of my favourite things — violence, comedy and hockey — so I'm thrilled."

scene





Angelina Jolie has chosen young Bosnian actress Zana Marjanovic for the lead role in her directorial debut - a wartime love story between a **Bosnian woman** and a Serbian man. Marjanovic said the screenplay was "fabulous" and she could not wait to start shooting with such a "great actress an humanist" like Jolie.





Movie review

See it twice ����� | See it now ���� | Worth watching ��� | Yawn �� | Don't bother @

Wall Street needs more Gekko

Wall Street: The Money Never Sleeps Genre: Drama Director: Oliver Stone Stars: Michael Douglas, Shia LaBeouf, Carey Mulligan

Gordon Gekko, the personification of 80s greed, has returned several decades after his award-winning debut. Oliver Stone never seemed like a filmmaker interested in franchises, but he found the opportunity to bring back Gekko amidst the current economic climate impossi-

The original

In 1987's Wall Street, Charlie Sheen played Bud Fox, a Wall Street stockbroker who meets with Gekko, who takes the youth under his wing and explains his philosophy that "Greed is Good." ble to resist.

For the first hour or so, it's easy to see why. The character is incredibly entertaining and seems to elevate Michael Douglas as an actor. Stone clearly has a lot of fun reviving Gekko in a new era, cheekily having him write a book in prison called "Is Greed Good?"

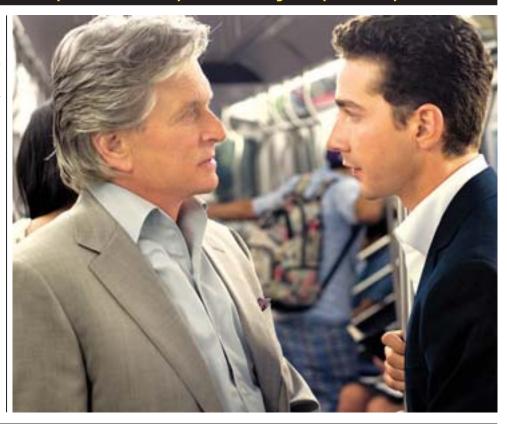
But once the novelty wears off and the in-jokes run their course, there really isn't anything important in the movie that wasn't covered last time.

The main problem is that the focus isn't on Gekko, but on a new Wall Street hot shot, played by the underwhelming Shia LaBeouf, and his relationship with Gekko's daughter. Endless drawn out relationship scenes distract from Stone's capitalist critique and it even absurdly transforms Gekko into a good man by the end.

Whenever the boys are talking business the movie has bite, but there are too many distractions from the sidelines.

Despite the talent involved, this is just another superfluous sequel.

PHIL BROWN







Movie review

See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●

You've seen this movie before

You Again Genre: Comedy Director: Andy Fickman Stars: Kristen Bell, Jamie Lee Curtis, Sigourney Weaver,

Really, the women of "You Again" should just get over it.

They should move on from the resentments, jeal-ousies and grudges they've held onto since high school and embrace the people they've become today — even if what they've developed into are stock characters in a lame, PGrated comedy.

Instead, they try and tear each other apart in the most crass, slapsticky manner possible. Sure, it's only a movie, and so any sense of indignation in watching it is probably misplaced. But You Again unfortunately perpetuates all the worst cliches about women being

insecure, petty, spiteful, competitive and cruel, and it does it in the name of comedy — which is a problem, because it's pretty

much never funny.
What's truly disheartening: It was written by a woman, Moe Jelline, with her first produced screenplay.
You Again begins in

You Again begins in 2002, with uber-nerd Marni Olivia Olsen (Kristen Bell) looking into the camera and describing how awful high school is. She's constantly tormented by uber-mean girl Joanna (Odette Yustman), the gorgeous head cheerleader. But that bullying makes her stronger, and eventually she ditches the glasses, pimples and stringy hair and looks like ... Kristen Bell.

Now, Marni's a rising public relations executive. But as she heads back to her small town in Northern California for her brother's wedding, she realizes at the last minute who the bride is: Joanna. How this discovery never

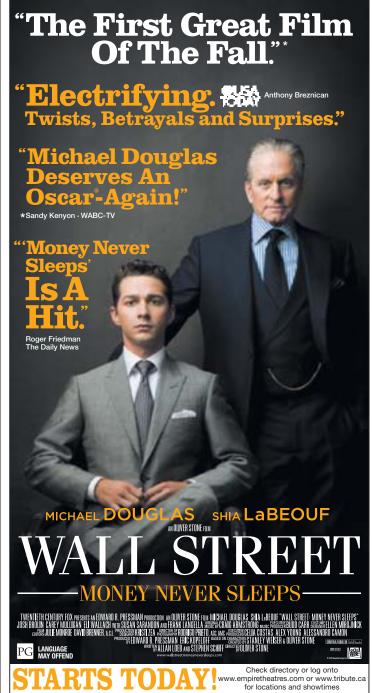
took place prior to a phone call on the airplane en route back home is totally implausible, but whatever.

If only the characters had used their brains to cook up revenge against each other for ancient slights, that might have seemed more tolerable. Here, if there's a stack of plates, you know they're going to get thrown. If there's a vat of soup, it's getting dumped on someone's head.

You Again is that kind of movie. Director Andy Fickman (She's the Man) telegraphs his jokes and sight gags from a mile away, with plenty of jaunty music to accompany the antics; later on, generically heartwarming music will swell as the characters reconcile. Come to think of it, there are no surprises to be had here at all.

The actresses do give it their all, though, and a few moments between Sigourney Weaver and Jamie Lee Curtis make you long for a smarter, more substantial film. THE ASSOCIATED PRESS







Stunning, but not original

Legend of the Guardians: The Owls of Ga'Hoole Genre: Fantasy Director: Zack Snyder

Director: Zack Snyder

Zack Snyder's latest, Legend of the Guardians: the Owls of Ga'Hoole, is visually stunning, a feat of animation technology and the best used of 3-D since Avatar made it a requirement for every studio tentpole.

It's just a shame that

the story isn't half as good as the visual artistry deserves. Based on a series of successful kids' books called "the Guardians of Ga'Hoole," the film follows a young owl — yes, an owl — as he goes on a standard-issue hero's journey to become one of the Guardians he's idolized since he was an eggr

egg.
Part of why the story
falls short is the fact that
the hero's journey
template has been done
pretty much to death.
Parts of Legend of the
Guardian come so close to
an all-owl production of
Lord of the Rings or Star

Wars that it's hard not to roll your eyes.

Another reason is, between the Australian and British accents and the odd names for characters, places and objects, it's hard to keep track of pretty much anything, leaving the viewer spend-ing the first few seconds of each scene trying to remember which owl is which — and there are a lot of them. Interesting names like Ga'Hoole, Strix Struma and Otulissa might work on the page, but to an audience unfamiliar with them, the owls might as well just be hooting. O NED EHRBAR

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HALIFAX

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Wall Street: Money Never Sleeps (STC)

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IMAX 190 Chain Lake Dr., Bayers Lake 902-876-4800

Legend of the Guardians: The Owls of Ga'Hoole: An IMAX 3D Experience (STC) Dolby Stereo, No Passes, Stadium Seating Fri-Thu 1:30-4:30-7:20-9:45

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Joan Rivers: A Piece of Work (STC) Sun 4:15-7-9:10 Mon-Thu 7-9:10

PARK LANE 5657 Spring Garden Rd. 902-423-4860

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LOWER SACKVILLE 760 Sackville Dr., Downsview Plaza

nlle Dr., Downsview 902-869-2022

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Wall Street: Money Never Sleeps [STC]
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TRURO 20 Treaty Trail, Millbrook 902-895-8020

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SOME GREAT SEQUELS ARE DECADES IN THE MAKING



This weekend's Wall Street: Money Never Sleeps took so long to hit screens that I would bet younger audience members may not even realize it is a sequel.

wenty three
years have
passed since the
original film
won an Academy Award for

lead actor Michael Douglas and a Razzie for supporting actress Daryl Hannah which means that many current second year university students weren't even born when



Gordon Gekko made the words "Greed is good" famous.

Twenty-three years is a stretch but it is more common than you think for years, and sometimes even decades to pass between source and sequel.

Return to Oz, based on the second and third Oz books and made 46 years after the classic MGM film, picks up the story six months after Dorothy returned to Kansas. The film held a Guinness

"To me, the successful sequels in the past have given you everything you've loved from the first film, plus a brand-new storyline that you could never have predicted."

TROY DUFFY, DIRECTOR OF THE BOONDOCK SAINTS

Book of World Records notation as the sequel with the longest gap from its original until it was bumped off by Fantasia/2000, which came a whooping 59 years after Fantasia.

Not record breaking, but still substantial are The Color of Money, which trailed The Hustler by 25 years and An American Werewolf in Paris which bounded into theatres 16 years after An American Werewolf in London.

Sci-fi fans also had to wait 16 years for the follow up to 2001: A Space Odyssey. 2010: The Year We Make Contact featured a whole new cast (save for Douglas Rain who reprised his role as the voice of HAL 9000) but original director Stanley Kubrick was given a cameo of sorts. He can be seen as the Soviet premier on the cover of Time magazine.

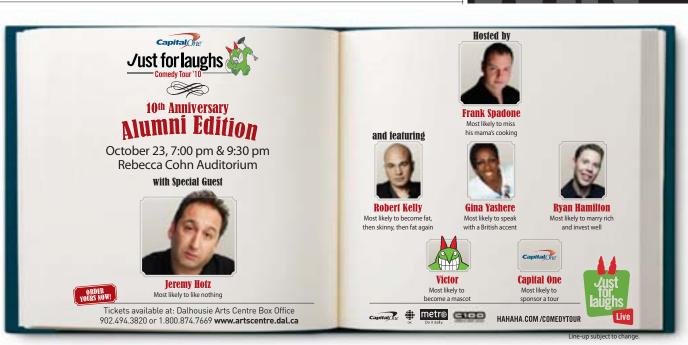
Speaking of directors, it's unusual for the original director to come back and direct a sequel a decade later, but Troy Duffy, stuck to his guns (literally) and ten years after The Boondock Saints came The Boondock Saints II: All Saints Day.

"To me, the successful sequels in the past have given you everything you've loved from the first film, plus a brandnew storyline that you could never have predicted." said Duffv.

Oliver Stone, who had never made a sequel to any of his films before remounting Wall Street, seems to have followed Duffy's advice filling his new film with touchstones from the original, but let's hope he's joking when he says, "I should go back and do 'Son of Scarface' or something!"







30 years of Genie action

William Shatner had a lot to learn about Canada's film awards • That didn't stop him from having fun hosting a look back

William Shatner admits he doesn't know much about the Genie Awards.

He's never received one - he's never even been nominated for one - and he makes hay of that fact in a one-hour TV special celebrating Canada's celebrating Canada's biggest film prize that airs Friday on CBC.

The bit of buffoonery is a tongue-in-cheek nod to the Genies' fractured history with a Canadian pubmuch more familiar with U.S. superstars and the ostentatious glitz of the Oscars south of the border.

"Not that many people watch the Genies,' ner acknowledges in a phone interview earlier this week.

"I did everything I could to make it interesting, to make it fun," he says of the

TV special, in which a boorish version of himself the proceedings while clashing with crew members in a behind-thescenes comedy bit.

"They came down from Toronto to Los Angeles and they came with a script ... and I just did everything I could to make it entertain-

Kids in the Hall comic Dave Foley appears as the special's exasperated director, Alan Thicke plays a brown-nosing producer and Jason Priestley shows up as a possible host replacement for an out-ofcontrol Shatner.

In between, clips from past Genie shows recall some of the most beloved Canadian productions of the last 30 years while homegrown film giants discuss their favourite

homegrown features.

Director Atom Egoyan cites 1982's The Grey Fox as having a special place in his heart while actor Paul Gross jokingly cites his own films Men With Brooms, Passchendaele and Gunless as paramount before settling on 1970's Goin' Down the Road for being "one of the great films (that) sort of started us all off in many ways

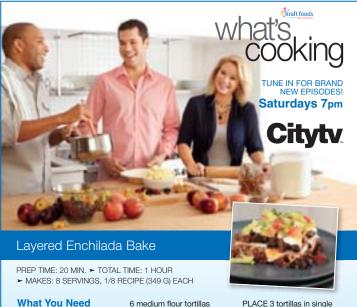
Shatner says Canada has much to be proud of.

"The film industry in Canada far exceeds in excellence what would be assumed given the population up there," he says. "Canadian talent is out-

standing in every respect in production, and in front of and behind the cam-

THE CANADIAN PRESS





1 lb. (450 g) lean ground beef

1 large onion, chopped

2 cups chunky salsa

1 can (19 fl oz/540 mL) black beans, rinsed

1/4 cup Kraft Zesty Italian Dressing

2 Tbsp. chili powder

1/2 cup sour cream 1 cup Kraft Tex Mex

Make it

HEAT oven to 400°F.

Shredded Cheese

BROWN meat with onions in large skillet on medium-high heat; drain. Stir in next 4

layer on bottom of 13x9inch baking dish. Cover with layers of half each of the meat mixture, sour cream and cheese. Repeat layers; cover.

BAKE 40 min. or until casserole is heated through and cheese is melted, uncovering after 30 min. Let stand 5 min.

in Home

Special Extra Top with chopped tomatoes, shredded lettuce and chopped cilantro just before serving.

Nutrition Information Per Serving: 400 calories, 18g total fat, 8g saturated fat, 50mg cholesterol, 990mg sodium, 38g carbohydrate, 7g dietary fibre, 5g sugars, 23g protein, 15%DV vitamin A, 8%DV vitamin C, 15%DV calcium, 25%DV iron.

THIS WEEK ON THE SHOW - MAKE AHEAD AND FREEZE - whatscookingtv.com



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CHANGES AFOOT FOR DIGITAL MUSIC

entation to a group of broadcasters about the future of digital music. I'd have liked to have had everything finished in plenty of time but once again I was working late the night before. It wasn't that I had been procrastinating. It's because these days, things in the digital music space can change almost hourly. Here's a look at what we might expect between now and Christmas.

ast week, I

gave a pres-

Ping: Apple's new iTunes component masquerades as a social network — but it's not. It's a closed system that only allows you to communicate with other Ping-sters while inside iTunes. There were plans to integrate it with Facebook, but when they heard that Apple was suddenly planning to bring over 160 million users to their servers, they said:



"Um, can we talk about this?" To make Ping really useful, Apple, Facebook and Twitter will have to make nice.

Google Music: One of the worst-kept secrets in the tech world this summer was Google's work on setting up a music store to combat iTunes. Given that Apple won't let Android-powered phones (Android being Google's open source smart phone operating system), work with iTunes. Google has been thinking about setting up their own store for months. The record labels LOVE this idea because

they're concerned that iTunes is holding too many cards right now.

The New MySpace: Be-cause MySpace didn't keep up with the times, Facebook came along and quickly ate their lunch in the social networking arena. But although many have declared MySpace dead, there may be a resurrection in the offing as soon as Oct. 15 when Project Futura — the code name for a major MySpace redesign could reclaim some of that lost ground in the music space. Hell, whatever they're doing, it has to be better than Ping.

Facebook: With 500 million users, Facebook can withstand whatever blistering attack comes with the opening of the movie, The Social Network, next week. If I were them, I'd have all my developers working on something I'd call Facebook Music, an easy way for friends to recommend and share music discoveries within the existing Facebook network. There's some of that going on now, but someone should figure out a way to make it easy and useful. If they can do that, who needs Ping or MySpace?



Sound Check



013thebounce.com



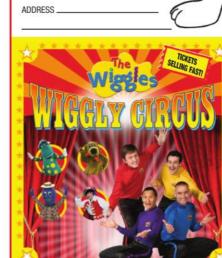
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Bourdain in the Raw

Celebrity chef and acerbic They haven't really figured epicure Anthony Bourdain has some kind words for Canadian gastronomy, saying it's at a "very high levand the rest of the world should be more aware of that.

it out yet either, why that

Foie gras from Quebec's La Ferme Palmex is one of two "industry standards" in North America, he notBourdain: No Reservations, which begins filming a new season next month.

Creating a "personality" is, for better or worse, a necessity these days for chefs due to the growing popularity of TV cooking shows and food bloggers, said Bourdain, 54, who's worked in kitchens around the world and written several other books.

Bourdain touches on that topic in Medium Raw: A Bloody Valentine to the World of Food and the People Who People which Cook. came out in June.

Written with that bit-ing Bourdain intellect that's made him a beloved "bad boy" of the culinary world, Medium Raw is a follow-up to his 2000 best-Kitchen Confiden-

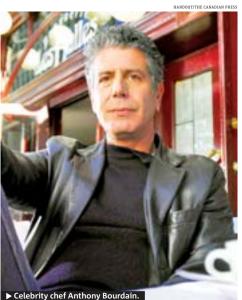
mean, the food here is good," the witty TV personality and author known for his blunt culinary criticisms — said in an interview this week in Toronto, where he had a speaking engagement at Roy Thomson Hall and promoted his new bestseller Medium Raw.

"I don't really understand why, with all these really great chefs and great ingredients, why Canada doesn't have a higher international profile because it seems a natural," he continued between bites of a prosciutto sandwich in the office of HarperCollins Canada.

"I don't know whether it's a failure of promotion or what. I get a lot of shrugs, because it's something I'm asking chefs.

while also praising . Canada's cheese makers and Montrealbased chef Martin Picard, host of The Wild Chef on Food Network Canada.

"You should sending these people out on the road ... and backing them up with money and products, and products," said the Top Chef judge and host of the food-travel series Anthony



tial. which aim at some famous chefs and outlined lurking perils of eating out.

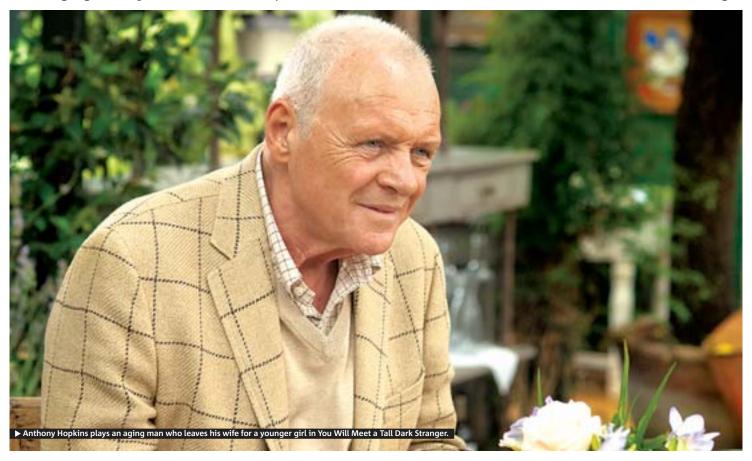
The new book updates fans on what's changed in the world of culinary science and food journalism, and in Bourdain's private life, since Kitchen Confidential came out

THE CANADIAN PRESS

Juicy stuff

Medium Raw also offers juicy insider stories, "food porn" passages, Bourdain's thoughts on cookery trends and, of course, criticisms of a few food journalists and culinary celebrities. One chapter is devoted entirely to the hypocrisies Bourdain sees in California-based "food activist" Alice Waters.

• Acting legend Hopkins in awe of Woody Allen • Stars in director's new film You Will Meet a Tall Dark Stranger



ANTHONY'S WAY

Sir Anthony Hopkins does a hilarious Woody Allen impres-



I don't know if he'd appreciate my impersonation." And though Hopkins

And though Hopkins himself is something of an acting legend, he still gets starstruck.

"He's a great star," Hopkins says of his director.
"He walks into a room and everyone stops, everyone wants to be with him.
On the set, I had to get over the fact that it's Woody Allen.
Whenever I talking to Woody Allen." It's no wonder his im-

It's no wonder his impression is so good, as Hopkins has had time to study: He stars in Allen's latest film, You Will Meet a Tall Dark Stranger, as Alfie, whose fear of mortality drives him to walk out on his marriage and pick up with a much younger gal.

"The part was an easy part for me to play because I'm that age," Hopkins admits

mits.
"Although I went through my midlife crisis some years back. Whatever that means. Is there such a thing? I guess there is. For men, especially.

When pressed about how exactly he relates to Alfie, the celebrated actor isn't afraid of offering an embarrassing anecdote or two

"My wife is younger than me, so she always wants me to look good. So I stay in shape and I diet and I do all of that stuff, because she wants me to be around for a long time," he says.

"But she said, 'Do you know what would be fun?' We were about to exchange a car. We had a car which was falling apart. She said, 'How about a Porsche.' I said, 'OK, a Porsche.' So this Porsche arrived, and I couldn't even get into it."

Trouble with sports cars aside, Hopkins isn't fazed by getting older. In fact,

"He walks into a room and everyone stops ... On the set, I had to get over the fact that it's Woody Allen."

SIR ANTHONY HOPKINS

he welcomes it.

"I'm going to be 73 at the end of this year, and I'm glad I'm not young anymore. My wife likes to watch Access Hollywood. I'm watching thinking, 'God almighty, how boring,'" he says with a laugh. "I'm glad it's all over. I've done it."

As it turns out, this new outlook extends beyond the en-

tertainment industry to the world at large for Hopkins.

"It's always been tough place," he says. "I was watching the news the other day, and I thought, 'I've heard all this before." And then the commercial breaks come and you switch to something else, another news channel, switch to a film you know, then back to the same. And everyone's got this look on their faces like, 'How worried should we be? Maybe an asteroid's going to crash into the Earth.' And just think, 'Shut up. Just shut

sion.
A noted
mimic,
Hopkins jumps
into a stuttering,
neurotic riff on the famous filmmaker with the
littlest prodding.

"He's my favourite actor. I mean, I've watched him for 40 years," Hopkins says. "I think he's a genius.

there, I thought, 'I can't believe I'm

the Law comes calling

Movie star Howard shifts to TV with role in Law & Order: Los Angeles
 Not a negative career move: Actor



Terrence Howard says he's aware television can be viewed as a negative career move for a movie actor. But when the TV show is Law & Order: Los Angeles, the opportunity can be too good to resist.

"The only hesitation is from yourself — the fear that someone is going to think that your brand is diminished in someway," says Howard, who made a brief stop in Toronto to promote the new series.

"But your brand actually expands when you get to work with someone like (Law and Order creator) Dick Wolf. There's a huge gap between so-called writing and true writing. You actually treasure a call from someone who stands for the truth."

Howard — best known for movies like Hustle and Flow, Crash and Iron Man — says he looks forward to the rigors of mak-

"Instead of sitting for three, four months between films and getting stale, my (acting) chops are getting sharper on a day-to-day basis. And I'm also able to grow as a person because there's a confidence that comes from knowing you have a job."

TERRENCE HOWARD

day basis. And I'm also able to grow as a person because there's a confidence that comes from knowing you have a job."

In the new L&O series, Howard



tabloids for in-

us- has been a busy one. Upcoming projects include Winnie, in which

Howard plays

tion.
"Now you'll
be able to see the
story behind every
word of The Enquirer," he

says. "Instead of picking up The Star, you can watch Law and Order and see the re-enactment."

Since his Oscar nom for

tle and Flow in 2005, Howard's career

► Terrence Howard has played major roles in films such as Hustle & Flow and Crash.

Nelson Mandela opposite Jennifer Hudson. Still, Howard's success has come with a downside.

"The opportunity for work is there but the greater disappointment is also there," says Howard. "It's the same game.

"It's the same game. You're still basically auditioning. You just don't have to show up in the room."

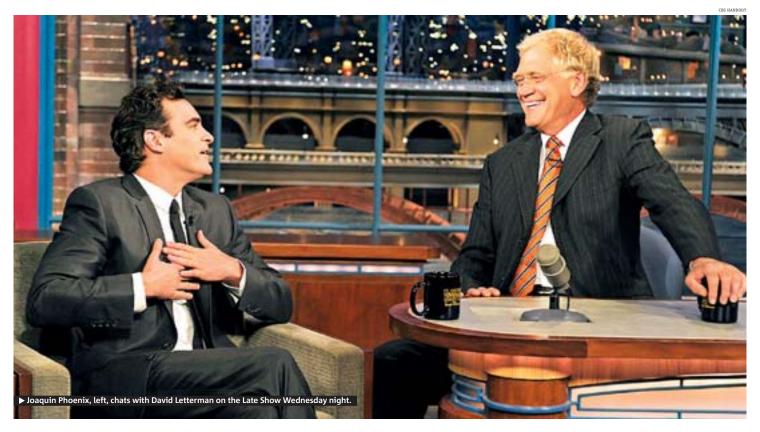
Law and Order: Los Angeles premieres September 29 at 10 p.m. on CTV.

ing
a
weekly
TV series.
"Instead of
sitting for three,
four months between
films and getting stale,
my (acting) chops are getting sharper on a day-to-

plays Deputy District Attorney Joe Dekker alongside Deputy DA Alfred Molina.

Molma.
As for plot, it's the same police/courtroom premise, albeit with a decidedly different class of criminals and court cases. Howard says that while the New York-based Law and Order was inspired by the headlines of the blue collar New York Post, Los Angeles L&O will use celebrity-obsessed





• Star's infamous bearded look, rap aspirations part of 'performance art' • Phoenix apologizes on Letterman

Actor Joaquin Phoenix returned to David Letter-Late Show on man's Wednesday to apologize for his wacky appearance last year that turned out to be an elaborate piece of performance art.

"You've interviewed many, many people and I assumed that you would know the difference between a character and a real person, so — but I apologize,"

"I assumed that you would know the difference between a character and a real person, so but I apologize." JOAQUIN PHOENIX TO DAVID LETTERMAN

Phoenix was clean-cut and shaven Wednesday, without the shaggy beard, unruly hair and sunglasses he wore

hit your head in the tub." Instead, Phoenix was playing a role for filmmaker friend Casey Affleck. The fake documentary on Phoenix's "career change," called I'm Still Here, just hit theatres.

At Letterman's urging, Phoenix made clear that the talk-show host was not in on the joke.

"We'd hoped to come on a talk show," Phoenix said with a laugh, "and I was looking

glasses at the end of the appearance as he was shaking Letterman's hand.

"I was eager to thank you for the opportunity and I was really eager to get off the show," he said.

Affleck, who appeared with Jay Leno on the Tonight show Tuesday, said no one from Holmade fun of." He told Phoenix that "now I want some money" and demanded \$1 million dollars for his role in the ruse.

Phoenix promised

'We'll go to one your

"work out" and asked to talk about it privately.

screenings,' Letterman shot back. Maybe the demand for was Letterman's money own version of performance art. Or maybe not.

THE ASSOCIATED PRESS

Phoenix said. "I hope I didn't offend you in any way.'

No offence taken, Letterman replied. The chance to lob jokes at Phoenix was like batting practice, he said.

"Every one of them was a dinger," he said.

Feb. 11, 2009, when he told a befuddled Letterman that he was giving up acting for a rap career. Describing appearance Wednesday, Letterman said it was "like you slipped and

beat down, and I got one ... I want to thank you for that."

Phoenix, who said the experience of making the movie was "really gratify-ing," revealed that Affleck was angry with him for briefly taking off his sun-

wood called to express concern about Phoenix when he

was acting strangely. "Afterward, the movie comes out, the critics like to say, 'this is crazy, this is disturbing, this is sick," he said. "But while it's happening, people were happy just to mock him and make fun of him."

Letterman, who became a key part of the movie, said that, "somehow I get the sense that I had been





I'm made of the studio, Lanois says

• Even near fatal crash can't stop Canadian producer, musician

Nestled in an industrial corridor of Toronto's west side, low-

dio," he says with a smile. How much

time is

slung old building with chipped off-white bricks and a bright red door conceals Daniel Lanois's new cathedral of sound.

The building used to be a Buddhist temple. Lanois bought it years ago and renovated it, and he's here now preparing for his ambitious Nuit Blanche installation.

He's also only a few days away from the release of Neil Young's Le Noise, which Lanois produced, and a little over a month from the debut release from Lanois's Black Dub

It seems like a lot for someone still recovering from a near-fatal motorcycle accident, but Lanois says he wouldn't have it any other way.

"I'm made of the stu-

spending there, exactly?
"How much time am I

spending in the studio? I don't know — 47 years?" he replies with a laugh. "I think if you were to

open me up you'd probably

find equipment in there."

The healing process since Lanois's June accident

has been a long one.

The crash occurred as Lanois navigated the scenic Silverlake enclave of Los Angeles atop his dazzling BMW HP2 Megamoto — a two-cylinder Supermoto with a sleek blue frame and white tank.

Suddenly, a car in front of him pulled into the parking lot of a variety store and Lanois hopped up onto the curb to evade the other driver. He smashed into a telephone box and when he came to, he was lying on

side-

onlookers called for an ambulance. Lanois suffered a

while

fractured collarbone and pelvis, six broken ribs and a troublesome amount of internal bleeding.

mobile again after months of physiotherapy and some time in a wheelchair. He's still dealing with

Now.

ramifications from the incident. He says there's a twist in the bone on eight different ribs, which didn't mend properly. His lung capacity isn't what it used to be either, though he says that he expects to recover from the internal bleeding with time.

The Ouebec-born.



Hamilton-

raised superproducer — best known for his work with U2 and Bob Dylan – says he now has good days and bad. This was a bad day, but he shrugged away

expressions of concern.
"I think we'll be all right," said Lanois, clad in a grey cashmere V-neck sweater and black skinny jeans, with his shaggy beard inching up to the edges of his cheekbones.

"I just want to keep doing good work. That's what I do. Or hopefully."

Lanois is particularly proud of his Black Dub collective, whose debut release is expected to drop in November.

The project seamlessly integrates elements of dub, trip hop, soul and rock. It occasionally brings to mind the alley-crawling din of The xx or Portishead, but vocalist Trixie Whitley's unchained vocals lend the self-titled record a unique

The album was recorded largely live off the floor, without overdubs. Lanois says he was able to work that way mostly because of Whitley, whom the producer has known since she was two years old. He said her talent made studio trickery

necessary. "I was a friend of her dad's and that's re-

ally the connection," said Lanois, referring to the late musician Chris Whitley, who died in 2005.

"It was a chance en-counter with Trixie and her mom in Belgium when Brian Blade and I had a show out there. She said, 'I'm singing now.' I heard her sing, and she was a very sing, and sne was a very special singer and allaround writer, a great writer — just a force, a great force."

Whitley will join Lanois in Toronto for his Oct. 2 performance at Nuit Blanche, an all-night art festival which features installations across the city. THE CANADIAN PRESS

Sonic art

Lanois will place 24 speaker towers around Nathan Phillips Square in downtown Toronto to create what he calls "an enchanted forest of sonics and visuals." The multi-disciplinary installation will require him to perform for 12 hours straight. "I might have to take a leak every now and then, but I'll be there," he vows.

Chesney raises glass

• Country superstar's new album Hemingway's Whiskey out soon

Kenny Chesney said he was taking a break. He didn't say he was taking it

Just about everybody assumed country music's top-drawing act would really slow down after he made the surprising announcement he was taking the year off from touring. After all, who should know more about relaxing than country's Caribbean cowboy, the man who rivals Jimmy Buffett when it comes to songs about sandy beaches and frosty beverages? Buddy Can-

"Hopefully when people listen to Hemingway's Whiskey, they can feel it's pretty fresh sounding."

KENNY CHESNEY

knew better, though.

"Knowing him the way I do, I didn't really see him taking a yearlong rest," Chesney's longtime producer said. "He ended up working more than he would've

worked had he been out on tour.

problem? After more than 15 years of constant motion, Chesney is proving he really doesn't know how to relax.

Sure, he visited a few exotic locales and logged some time on his boat. But his What I Did On My Summer Vacation essay includes precious little actual vacation. He com-pulsively filled his time by making two movies — a 3concert film, which came out last spring, and the Boys Of Fall football documentary, which re-cently aired on ESPN (a longer version will be released at a later date).

He also made Hemingway's Whiskey, which comes out next week. It was a rewarding experience, but Chesney admits he still needs a lot of saltwater therapy. Yet, Chesney did not appear at low ebb during a pair of recent interviews. He was excited about his projects.

Chesney and Cannon began working on songs for the al-bum in Janu-



2009. Chesney came off the road later that year in October and really started tinkering, taking the album in unexpected directions. At one point, Cannon thought they were done. But Chesney decided he wasn't happy with the songs and they pitched

about half the album. Soon after the call went out for songs on Music Row.

"Having more time and having the whole town pitch us every new song they got for eight or nine months couldn't do anything but help raise the bar," Cannon said.

THE CANADIAN PRESS



7th heaven

Marc Jacobs

Fashion Want to go shopping in a store without fear of the salespeople snubbing you? As promised, Marc Jacobs has launched his ecommerce site. Built to look like an actual store, the site features avatar salespeople who take you around and tell you about the products. marcjacobs.com

The Big Bang Theory

DVD With Jim Parsons recently winning an Emmy Award for his performance on The Big Bang Theory, you may be thinking twice about this nerd-com. Warner Brothers recently released the third season of the show, so converts to the series can now check out what all the fuss is about.

Mark Ronson

MUSIC It looks like Mark Ronson means business –



Bike Shelf

CULTURE Storing a bike when you live in a condo, apartment or small space isn't easy. Chris Brigham,

at least that is what he is

calling his new album, The

Business International. Out

on Tuesday, the album fea-

tures cameos from some of

MOVIES With Halloween a

month away, Hollywood is

starting to get into its

fright zone. Leading the

pack is Let Me In, the U.S.

the music industry's elite.

Let Me In

who runs the site Knife & Saw, has designed an great, sleek-looking wooden rack that also doubles as a book shelf. He's apparently busily filling orders, \$300 US for walnut and \$270 US for ash. knifeandsaw.-wordpress.com

remake of the muchadored Swedish film Let the Right One In. **Absinthe**

CULTURE Drink connoisseur who want to update their liquor cabinet with some new takes on old classics will want to pick up A Taste for Absinthe.

Leonard Cohen

CLASSIC Leonard Cohen fans will love the release of Tony Palmer's classic film, Bird on a Wire. The DVD — released in time to mark Cohen's 76th year on earth — features footage from his 20-city European tour in 1972, along with four of his poems.

@ METRO

Mix of Six



Atlantic Film Festival

Sept. 24-25 When: Through Saturday Where: Various venues in Halifax Celebrating its 30th edition, this fourth major film festival in Canada will see 85 feature-length films, 96 short movies, and two retrospectives be screened.

Visit atlanticfilm.com for

complete details. Romeo and Juliet

When: Through Oct. 17
Where: Neptune Theatre
This popular play by
William Shakespeare is
again brought to life as
Neptune kicks off its 201011 season with what is
sure to be a hit with
theatre fans. The play is
over two hours and very
entertaining. Tickets are
available through
neptunetheatre.com with
adult tickets starting at
\$27.

Pauly Shore

When: Friday, 8 p.m.
Where: The Schooner
Room, Casino Nova Scotia
This famous American comedian with many TV and
film credits to his name is
coming to Halifax for one
night only. This show is
for ages 19-and-over, with
tickets costing either \$42
or \$53. Visit
ticketatlantic.com for
complete details.

Bark in the Park

When: Sunday,
11 a.m. to 3 p.m.
Where: Seaview
Memorial Park
The largest fundraiser for
the SPCA features an
opening ceremony with
piping led by shelter dogs.
There is also live
entertainment and
exhibitors. All proceeds go
to the Nova Scotia SPCA
Metro Shelter in Burnside.

Mickey Rooney

When: Sunday, 8 p.m.
The Schooner Room, Casino Nova Scotia
This famous entertainer really needs no introduction. His Let's Put On A
Show tour is an autobiographical musical, highlighted with film clips, humor and anecdotal memories. Tickets are \$43 and available through Ticket Atlantic.

Nova Scotia Senior Baseball League final

When: Saturday and Sunday, 7 p.m.
Where: Saturday:
Mainland Common; Sunday: Beazley Field
In the latest cross-town
battle, the Halifax Pelham
Canadians and Dartmouth
Moosehead Dry are
competing in the best-ofseven league final, with
Games 2 and 3 taking
place this weekend. Tickets are available at the
gate.



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Sesame Street pulls Katy Perry

Saucy singer deemed too risqué for young viewers after wearing low-cut top during taped segment

Katy Perry's planned visit to Sesame Street has been cancelled.

The pop singer filmed a segment for the famed children's show wearing a low-cut, bustier-style top, igniting a storm of angry comments when the taped segment was previewed on YouTube, with some viewers claiming she exposed herself.

The clip has drawn thousands of hits since being posted on YouTube

"In light of the feedback we've re-ceived on the Katy Perry music video, which was released on You Tube only, we have decided we will not air the segment on the television broad-



cast of Sesame Street, is aimed at preschoolers," reps for the show said in a

> The segment, in which - wearing a flowered veil — chases El-mo, was earmarked for the show's upcoming 41st season.

celebrities Other scheduled to appear as guests on the long-running children's series this season, which begins Sept. 27, include talk show host Oprah Win-

frey, actor Colin Farrell and singer Usher. THE ASSOCIATED

Franco not a Twilight fan

James Franco admits he has read the Twilight

"I wouldn't say I enjoy them, but I'm fascinated with them," Franco says. One part of the series he definitely didn't like came in the fourth volume, Breaking Dawn, when main characters Bella and Edward finally consummate their relationship.

"I got to the sex scene, but it was so brief, I didn't even know," he says. "It was kind of a letdown after all that buildup." ● METRO



Talking points

Are they back on again?

ROMANCE? With his Twitter account shut down, John Mayer is turning to his official reps to address rumors that he and Jennifer Aniston are dating again. "John is single. These reunion rumors are 100 per cent fabricated," says his rep.

Pattinson too 'nice' to judge

REALITY DREAM. Twilight star Robert Pattinson admits he'd love to sit in on X-Factor, but he thinks he's just too much of a nice guy for the singing competi-

tion reality show.

would be one of the best things ever to get paid for handing out

Simon Cowell-style insults for the day," he says. "I wouldn't want to be one of the nice guys, I'd want to be like Simon otherwise it's no fun. METRO

Cyrus shuts down rumours

NO ENGAGEMENT. Miley

Cyrus may be back together with Liam Hemsworth, but she's not necessarily looking to settle down. "I definitely don't want people to think I'm trying to get married anytime soon," she says in a

YouTube video to her

fans. "I'm way too driven right now, first of all. I'm 17, it's ridiculous, and second of all, I've got so much work I want to get done. I have so much to do, there's no way it's happening."

While stressing that she still lives with her parents, she adds, "I'm not engaged, I'm not getting married anytime soon. I don't need to do anything but sit and chill and enjoy life." • metro

One big joke for Lohan?

SOBRIETY. Lindsay Lohan

may not be taking her gal woes seriously. as sources sav she was drinking and laughing while

composing her Twitter confessional at a Los Angeles restaurant last week.

'Her friend would say, 'No, use setback. Don't say mistake. They'll say you make mistakes all the time'," the source says, adding that Lohan responded by giggling and having her assistant order her another Jack and Coke.

According to the source, Lohan at one point smiled and said. "What are you gonna do? I'm 'ill'" while making air quotes with her fingers. Lohan is due in court today to answer for two failed post-rehab drug tests, which violate her proba-



Celebrity tweets



David Archuleta [@David Archiel A cute little old

lady comes up and pokes me. "I just needed to touch you so I could tell my granddaughters" haha



Sam Ronson [Asamantharonson]

I have a confession to make ... I've never watched an episode of Glee, and I'm pretty sure I never will.

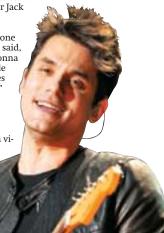


Mario Lopez [@Mario LopezExtra]

Took a great circuit training class with my bro-inlaw, Sprints, power lifts ...



think I'm getting the cleaning toenails.





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Fall grilling perfect for burgers

Grilling season isn't over yet and these inside-out sirloin bacon cheeseburgers would be a tasty treat during a fall weekend.

The cheese is taken underground for easier grill management.



Tamarind

Tamarind pulp is eaten to promote good digestion and is a good source of fibre. It contains high level of vitamin C for a strong immune system helping ward off colds and suppressing fever. The fruit pulp is also a great source of antioxidants, a natural defence against cancer. Furthermore, it's a great way of getting more potassium and magnesium in your system. ROMINA MCGUINESS



Preparation:

Bacon Cheeseburgers

- 1 In a bowl, combine beef, egg, garlic, cheese, bacon, breadcrumbs, onion, Worcestershire Sauce and rosemary.
- Divide meat into six portions. Form into two-centimetre (3/4-inch) thick patties. Make a thumb-print depression in centre of each patty (to prevent rounding while they grill). Make ahead: Refrigerate, covered for one hour or up to one day.
- Grill over medium heat on preheated, oiled grill for five to seven minutes per side, testing doneness with a digital instant-read thermometer inserted sideways into centre of each patty to ensure patties are cooked to 71 C (160 F).

Top with melted mushrooms and



onions (if desired).

Tasty Topping

Combine one sweet onion (such as vidalia), sliced, 500 millilitres (two cups) sliced mushrooms and 15 ml (1 tbsp) olive oil. Season with salt and pepper to

taste; cook, stirring occasionally in nonstick skillet over medium heat for 10 to 15 minutes or until vegetables are golden and tender. Stir in 30 ml (2 tbsp) steak sauce, heat through. Makes 6 servings.

Makes 6 servings. THE CANADIAN PRESS

Ingredients:

- **Bacon Cheeseburgers** 500 g (1 lb) lean ground beef sirloin
- 1 egg, lightly beaten
- 1 clove garlic, minced
- 125 ml (1/2 cup) shredded aged cheddar cheese
- 50 ml (1/4 cup) diced ba-
- con (uncooked)
- 50 ml (1/4 cup) breadcrumbs
- 50 ml (1/4 cup) minced onions
- 30 ml (2 tbsp) worcestershire Sauce
- 5 ml (1 tsp) minced fresh rosemary

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Preparation:

Blueberry Lemon Shooters

Into 12 shot glasses, layer half of the cake crumbs, lemon curd and blueberries. Repeat. Top with a swirl of whipped cream. Refrigerate until ready to serve.

Makes 12 servings.
THE CANADIAN PRESS

Ingredients: Blueberry Lemon Shooters

- 375 ml (1 1/2 cups) pound
- cake crumbs375 ml (1 1/2 cups)
- prepared lemon curd
 375 ml (1 1/2 cups) fresh
 blueberries
- 250 ml (1 cup) whipped cream







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sports

Quoted



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UNIVERSITÉ DE MONCTON PRESIDENT YVON FONTAINE, TO THE MONCTON TIMES TRANSCRIPT, ON THE POSSIBILITY OF HIS SCHOOL ADDING AN ATLANTIC UNIVERSITY SPORT FOOTBALL PROGRAM TO PLAY ITS HOME GAMES AT MONCTON STADIUM.



Crucial fight on deck for Grant

Local mixed martial artist heads back to UFC cage for first time since May **○** Looks to improve on 2-2 UFC record and 15-4 overall mark



T.J. Grant is well aware his UFC future will be hanging from a thin thread Saturday night in Indianapolis. But the Cole Harbour

native's opponent at UFC 119, Julio Paulino, is in the same boat.

Both fighters are coming off UFC losses. Grant dropped to 2-2 on the sport's grandest stage with a May loss to Johny Hen-dricks while Paulino lost his first career UFC bout in

In a circuit with few guarantees, the loser is at risk of being permanently cut from UFC

"That's always (in your mind) when you're coming off a loss in UFC," Grant

"But I'm not thinking about it. I'm not gonna let it affect my performance. I'm gonna fight my heart out no matter what and "I'm feeling good, I'm excited, and I'm just looking to go out there on Saturday and put on a good show."

COLE HARBOUR MIXED MARTIAL ARTIST T.J. GRANT, ON HIS UFC FIGHT SATURDAY

I'm hoping to come out with the win."
Paulino's career record

is 17-3 with 10 knockouts and six submissions.

Grant said the Anchorage, Alaska, native relies on his impressive punching power, but the 26-yearold hopes his ability to adapt to any style will lead him to a critical win.

"I feel I'm more wellrounded and I can impose my will," Grant said. "I'm gonna go with whatever I have to to get

the win ... but it's one thing to say it and another thing to do it. I've got to go out there and do it on Saturday."

the table.

Ripple effect

- The ripple effect of Chael Sonnen's positive drug test started making itself felt Wednesday as the UFC pulled apart one main event to repair another.
- With Sonnen facing a onevear suspension pending a possible appeal, a rematch with middleweight champion Anderson Silva is off
- So the UFC pulled Vitor (The Phenom) Belfort from the main event of UFC 122 in November to free him up to take on Silva in place of Sonnen. Nate Marquardt will replace Belfort at UFC 122 and take on Japan's Yushin Okami Nov. 13 in Oberhausen,

Germany. THE CANADIAN PRESS



Touchdown Atlantic almost set for kickoff | Canadiens

The Edmonton Eskimos are loaded with Maritime connections as they prepare for Touchdown Atlantic at Moncton Stadium.

Edmonton's roster features two Saint Mary's graduates: Linebacker/long snapper Tim St. Pierre and safety Saleem Borhot; former Acadia defensive back Elliott Richardson and offensive lineman Adam Rogers; and St. Francis alumni Sharun at safety.

"They love football and they love to party. It will be a good time, for sure."

ADAM ROGERS, SPEAKING TO THE EDMONTON JOURNAL

Rogers is on the practice roster, while Borhot is on the injured list.

Moncton Stadium is sold out and will house 20,000 fans for Sunday's 1 p.m. tilt between the Eskimos and Toronto Arg-

"You're going to see one of the most rowdy crowds you'll ever see," Rogers told the Edmonton Journal earlier this week. "They love football and they love to party. It will be a good time, for sure."

It's the first regular-season, neutral-site game in CFL history as the league ponders expansion into Atlantic Canada.

MATTHEW WUEST/METRO HALIFAX



take Game 1

Paul Davie stole home for the winning run in the top of the ninth inning to lift the Halifax Pelham Molson Canadiens to a 5-4 win over Dartmouth Moosehead Dry last night at Beazlev Field. The win gives the Canadiens a 1-0 lead in the best-of-seven Nova Scotia Senior Baseball League final, with Game 2 set for Saturday at 7 p.m. at Mainland Common. METRO HALIFAX

'Good sign' for Andrews 'iffy' for Friday Mooseheads

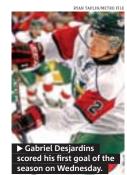
◆ Tough road trip continues for 2-3 Mooseheads Visit Chicoutimi Sagueneens on Friday at 8:30 p.m., Quebec Remparts on Saturday at 8 p.m. and Rimouski Oceanic on Sunday at 4 p.m.



It's premature to call the Halifax Mooseheads road warriors, but at least last season's ineptitude seems to be behind them

The Mooseheads, who won a meagre three road games in 34 attempts last season, have already won two of three games away from the Metro Centre this season and are looking for more as they play three games in three days in Quebec this weekend.

Nobody's getting carried away, but the Mooseheads like what they're seeing.



"We just have to start winning at home now, Mooseheads head coach Cam Russell said with a laugh. "No, it's a really good sign. There are lots of good things happening ... young guys scoring goals, defence looks solid, and we're happy with a lot of different areas of our game

Russell said he plans to roll four lines and "manage ice time" to help his young team get through the weekend.



For more weekend Mooseheads coverage, visit www.metronews.ca/qfiles or follow Ametroqfiles on

The Halifax Mooseheads may be without red-hot Brent Andrews when they face the Chicoutimi Sagueneens on Friday.

The 17-year-old centre sprained his ankle in Wednesday's 6-4 road win over the Baie-Comeau Drakkar and is "iffy," according to head coach Cam Russell.

"He'll be a game-time decision," Russell said on Thursday.

Andrews, a former firstround draft pick, is second in team scoring behind rookie right-winger Martin Frk with five goals and an assist in five games.

METRO HALIFAX



Bautista, Ichiro reach milestones

Jose Bautista swings the bat with all his might, turning on pitches with a brute force that sends scorching line drives hundreds of feet away.

Ichiro Suzuki swings his bat like a tennis racket, angling pitches to open spots on the baseball diamond.

On Thursday afternoon, before a sparse gathering of 12,590 at the Rogers Centre, the two vastly different right-fielders each reached rare and significant milestones.

Bautista became just the 26th player to ever reach the 50-homer plateau with a solo shot in the first inning of the Toronto Blue Jays' 1-0 victory over the Seattle Mariners

Later, Suzuki joined him

50 Bautista is the first player to reach the home run plateau since Alex Rodriguez (54) and Prince Fielder (50) in 2007.

in the spotlight as the first player ever with 10 consecutive 200-hit seasons, thanks to a double in the third and a single in the fifth.

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NHL's new reality stars

Pittsburgh-Washington rivalry to be showcased on HBO show

This will be the NHL's two biggest superstars as only a precious few have ever

HBO has been granted total access to Alex Ovechkin's Washington Ovechkin's Washington Capitals and Sidney Crosby's Pittsburgh Penguins for a month leading up to the Winter Classic. The cable channel will feature the teams in its latest 24-7 all-access reality series producing four one-hour episodes as they prepare to meet Jan. 1 at Pittsburgh's Heinz Field.

virtually There is

nowhere the cameras are forbidden from going.

"(We'll go) in team meeting rooms, into the locker room, on their planes flights, on chartered flights, at home and everywhere these players and coaches or assistant coaches go," HBO Sports president Ross Greenburg said Thursday.

"At the heart, that is what this 24-7 series is all about: To bring you the viewer access that you've never been given before so that you can understand what it takes to be a

But can we see it?

The series will debut Dec. 15 and air once each week, HBO plans to distribute 24-7 in Canada - something it didn't do with its recent Hard Knocks program featuring the NFL's New York Jets but is still working on specific arrangements.

professional athlete and compete at this high of level.

Crosby isn't concerned about suffering any impact to his image if the camera catches him in a heated moment.

"I'm just like any other person," he told reporters in Pittsburgh. "I have my cranky days, too.'

Pittsburgh and Washington have developed one of the NHL's fiercest rivalries in recent years. Led by star players, the teams played a memorable seven-game playoff series in 2009 and have engaged in numerous regular-season battles

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Crossword

Across 1 Doo follower 4 Gift-tag word 8 Highway access 12 Have bills 13 Hawkeyes' home 14 Satanic 15 Promontory 17 Part of N.B. 18 Accomplishment 19 Heart line? 20 Grinder 22 Dos cubed 24 "Metamorphoses" poet 25 Blended beverage 29 Author Deighton 30 Mimic's forte 31 Conclude 32 Equestrian showmanship 34 Senate staffer 35 Gumbo need 36 Obama's veep 37 Casual wear 40 Gasoline, e.g. 41 Deserve 42 Leeway 46 Genealogy chart 47 Surrounded by

appropriate 51 "Kid-tested, mother-approved" cereal

48 Pool stick

50 As deemed

49 Bedframe piece

Down 1 Homer's interiection

5 Fork choice

2 Shock partner 3 Banner 4 Taxpayer, in April

6 Possess

8 Start the computer 34 Wharf 36 Pal 9 State with conviction 10 Mouthwash flavor gang 16 Out of play 19 "Hi, sailor!"

again

11 Entreaty

20 Shape

23 Heart

25 Mast

28 Paradise

30 Inquires

21 Finished

22 Last letter

26 Wrestling hold

27 Playwright William

39 Vicinity 40 Go belly-up 42 Possessed 43 Flightless bird 44 Overseas

45 Tex- - cuisine

37 "West Side Story" 38 Count counterpart agreement?

Sudoku



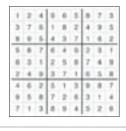
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Today

Yesterday's answer ▶

15"/13"



Saturday

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Hansel, We just wanted to say how much you mean to us . We Love you so much Thank you for being there for us and for being a wonderful Daddy .Love always Karol & Our New Ba-

KAROL CHAVEZ

HAPPY BIRTHDAY JESSE! I know you are turning 24 but you do not look a day over 19. I love you and cant wait to celebrate your special day!! Wheres the Wine B\$%*H

Yaxmos, to this world you may be just one person, but to one person (me) you're the whole world. Love you :) YOUR SARSAPARILLA

Lawren, you are so amazing. You make me smile every day. Happy Anniversary! I can't wait to see you tonight. LOVE, GLENN

You have voted us It.

Thank you Canada!

OThe Weather Network 2010

Today's horoscope

T Aries March 21-April 20 No matter how much others might try to cheer you up yesterday's full moon still has you in a bit of a funk and you need to spend some time by yourself to get over it.

¥ Taurus April 21-May 21

Don't jeopardize what you have gained in recent weeks by taking silly risks. Keep your feet planted firmly on the

II Gemini May 22-June 21

Heed what employers and other important people tell you today, even though you may disagree with the gist of what they are trying to say.

G Cancer June 22-July 22 The influence of yesterday's full

moon is still strong and you may be tempted to make a decision about your career that will require major changes over the next six months or so. Think carefully.

Ω Leo July 23-Aug.23 You will need to take extra care when doing deals with people who are not "your people" - that is people you don't know how to relate to on a one-to-one level. Above all, don't let your heart rule your head.

TV Virgo Aug. 24- Sept. 22 You may want to hurry things along and resolve an issue that should have been dealt with a long time ago but the planets warn it won't be so easy.

← Libra Sept. 23-0ct. 23 You

seem to be a bit vulnerable at the moment, no doubt due to the full moon in your opposite sign of Aries, but your confidence will pick up over the weekend and it won't be long before you are back to your

For today's crossword answers and for

expanded horoscopes, go to metronews.ca

M Scorpio Oct. 24-Nov. 22 If someone asks you to take on new responsibilities today turn them down flat.

Nov. 23-Dec. 21 A change of direction may be necessary but you are advised to wait a while before making it.

り Capricorn Dec. 22-Jan. 20 You may be tempted to do something drastic today, something you have not

thought through in much detail. Think it through first.

Aquarius Jan. 21-Feb. 18 Social activities are still blighted by yesterday's full moon, so don't make any hard and fast plans or promises today because you may not be able to live up to them.

H Pisces Feb. 19-March 20

Your emotions have been a bit up in the air of late and it my be another day or two before the more rational side of your nature kicks in again - then you'll see through the illusions you have been creating for yourself.

SALLY BROMPTON



You WIN! write it!

Write a funny cap tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.





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